

At Home with ROSSS

www.rosss.ca

FALL 2026



ROSSS
Rural Ottawa South Support Services



Fall Greetings from the Executive Director

As the crisp autumn air settles across our rural communities, fall brings with it a season of connection, gratitude, and community spirit. It's a wonderful time to gather with friends, reconnect with neighbours, and enjoy the many programs and events that make our communities so special.

At ROSSS, we're incredibly grateful for the donors, volunteers, and community partners who continue to support seniors and adults with disabilities throughout the year. Your generosity helps ensure that people remain connected, supported, and able to live well at home in every season.

This fall, our Great Social Luncheons and Breakfast Programs continue to bring people together for delicious meals, meaningful conversations, and lasting friendships. You'll also find the ROSSS team attending community events throughout our service area, sharing information about our programs and connecting with residents across rural Ottawa South.

We're especially looking forward to welcoming everyone to one of our signature fundraising events, our Afternoon Tea, where guests will enjoy an afternoon of delicious refreshments, entertainment, and community while helping support the vital services ROSSS provides. Looking ahead, we're also excited to announce the return of our popular Holiday Trivia Night on November 19 at the North Gower Recreation Centre. It's always a fun-filled evening of friendly competition, laughter, and holiday spirit, and we hope you'll join us.

As the weather begins to cool and the days grow shorter, we encourage everyone to continue checking in on neighbours, friends, and loved ones. A simple phone call, visit, or shared cup of coffee can make a meaningful difference in someone's day.

Thank you for being an important part of the ROSSS community. Your continued support helps create opportunities for connection, independence, and belonging for the people we proudly serve.

Warm regards,

Kelly Dumas

Executive Director, ROSSS

STAFF DIRECTORY

 613-692-4697

OFFICE HOURS
 MONDAY-FRIDAY 8:00 AM – 4:00 PM

Executive Director	Kelly Dumas	kelly.dumas@rosss.ca	ext. 225
Operations and Finance			
Director, Operations and Administration	Jeanne Martel	jeanne.martel@rosss.ca	ext. 232
Operations Administrator	Joanne Williams	joanne.williams@rosss.ca	ext. 243
Finance Assistant	Julie Wilson	julie.wilson@rosss.ca	ext. 221
Client and Caregiver Services			
Director, Client and Caregiver Services	Jeanne Pronovost	jeanne.pronovost@rosss.ca	ext. 223
Client and Caregiver Liaison	Cindy Powell	cindy.powell@rosss.ca	ext. 240
Home Care Services			
Lead, Clinical Care Planning	Laura Paas	laura.paas@rosss.ca	ext. 253
Coordinator, Home Care Services	Tina Brohart	tina.brohart@rosss.ca	ext. 238
Community Support Services			
Senior Manager, Community Support Services	Della Hart	della.hart@rosss.ca	ext. 228
Manager, Transportation Services	Jennifer Baxter	jennifer.baxter@rosss.ca	ext. 230
Coordinators, Community Support Services			
Adult Day Program	Ashley Bouwman	ashley.bouwman@rosss.ca	ext. 227
Connections, Service Arrangements and Income Tax	Lyn Rorke	lyn.rorke@rosss.ca	ext. 224
Food Security and Foot Care	Nell Bourgeacq	nell.bourgeacq@rosss.ca	ext. 226
Transportation Services	Jessica Hammill	jessica.hammill@rosss.ca	ext. 237
Fundraising, Volunteers and Community Engagement			
Coordinator, Fundraising, Volunteers and Community Engagement	Alicia Dorey	alicia.dorey@rosss.ca	ext. 236
Outreach			
Manager, Community Initiatives	France Connor	france.connor@rosss.ca	ext. 235

On Leave

CATHY BECKWITH – Coordinator, Food Security Programs

MACKENZIE ELLIS – Coordinator, Home Care Services

Summer Program Calendar

Fall 2026

Monday

Connections Lunches, 12pm (Occasional)

Manotick, North Gower, Metcalfe and Richmond

Manotick Breakfast, 9am-10:30am

2nd Monday of the month

Manotick Legion, 5550 Ann St.

NOTE: Registration is required for each session

Big Bingo, 12:30pm-2:30pm

3rd Monday of the month

Location varies each month. Call to confirm.

NOTE: Registration is required for each session

Tuesday

Adult Day Program, 10am-3pm - Manotick

Call for details on registration and location

Caregiver Support Group, 10am-12pm

Manotick *Bi-Weekly*

Call for details on registration and location

Line Dancing, 4:30pm-5:30pm - Greely

Note: Registration is required

Wednesday

The Great Social Luncheon, 12pm-2pm

1st Wednesday of the month

Note: Registration is required to reserve a seat

Osgoode Bingo, 10am-12pm

2nd Wednesday of the month

O-YA, 5479 Osgoode Main St.

Note: Registration is appreciated

Mix & Mingle 10am-12pm

3rd Wednesday of the month

O-YA, 5479 Osgoode Main St.

Note: Registration is appreciated

Coffee & Cards, 10am-12pm

4th Wednesday of the month

O-YA, 5479 Osgoode Main St.

Note: Registration is appreciated

Thursday

Adult Day Program, 10am-3pm - North Gower

Note: Registration is required

Caregiver Support Group, 10am-12pm Manotick

Bi-Weekly

Call for details on registration and location.

Line Dancing, 4:30pm-5:30pm - Osgoode

Note: Registration is required

Friday

Metcalfe Breakfast, 9am-10:30am

3rd Friday of the month

Kenmore Community Hall, 3242 Yorks Corners Rd.

NOTE: Registration is required for each session

Cultured Purls, 10am-12pm

Hyfield Apartments Kiwanis Room

5581 Dr. Leach Dr., Manotick

Music Cafe, 12pm-2pm

Light lunch followed by music

Osgoode Legion

3284 Sunstrum St, Osgoode, ON K0A 2W0

Lunch and Learns and Special Programs

These events will be held on various dates throughout the year. See program calendar for more information and descriptions.

NOTE: Registration is required to reserve a seat

For questions or to register contact:

[Social Programs](#)

Lyn Rorke 613-692-4697 ext. 224

[Adult Day Programs](#)

Ashley Bouwman 613-692-4697 ext. 227

For questions or to register for the

[Caregiver Support Group](#)

contact Jeanne Pronovost

at 613-692-4697 ext. 223

Program Descriptions

Manotick and Metcalfe Legion Breakfast

Once a month, enjoy a good breakfast, great company, entertainment and raffle prizes! A fun morning!

The Great Social Luncheon

Held once a month, this luncheon provides a hot meal, dessert, entertainment, door prizes, raffle, and more!

Connections Lunches

Enjoy good food and even better company at our favourite restaurants in Manotick, Richmond, Metcalfe, Osgoode and North Gower! Lunches provide an opportunity to connect with friends and meet new people.

Mix & Mingle

Come meet with us once a month for coffee, chit chat, cards, presenters, music, etc.

Line Dancing

Join us for line dancing in Greely and Osgoode.

Adult Day Programs

A social day, full of fun, in a safe and caring environment. Activities, presenters and crafts with snacks and lunch provided. Referral by Ontario Health atHome required.

Caregiver Support Group

This program provides a chance to meet and connect with other caregivers, as well as provide support, resources and companionship.

Cultured Purls

Calling all knitters! Join us for good conversation while you finish your latest projects.

Bingo

Whether you're a seasoned player or a first-timer, it's the perfect way to enjoy some friendly competition and maybe even win a prize. Grab your card, mark your numbers, and let the good times roll!

Lunch and Learn

A fun outing such as a boat ride, a trip to a ball game, a presentation, a visit to a craft venue or one of many other activities to look forward to. Check the monthly calendar for all current and upcoming programs.

Coffee & Cards

Do you like to play Euchre, Canasta, Sevens, or do you have a game you would like to teach us? Come join us for coffee, snacks, and card games!

Music Cafe

Homemade light lunch, followed by music. Each week join us to experience a new musician and/or style of music!

SHROOMFEST

[illegible]

CANADA DAY



The Fall season's spirit of reflection and gratitude fuels our mission and renews our dedication to supporting those we serve. Your generosity and involvement continue to make a real difference. Thank you for walking alongside us—we look forward to continuing to build meaningful connections and create a lasting impact together in the months ahead.



Local Fall Fairs

September marks the beginning of many things in our rural communities: back-to-school, harvest season, colder weather approaching and of course, FAIR SEASON!

ROSSS is so proud to be part of such active, vibrant communities. We always look forward to participating in the local fairs, where we offer information to the community about the work we do and how they can get involved! At each fair we will have information and goodies to take home.

These fairs are truly fun for the whole family, and we hope to see you there!

Fair Schedule 2026



Richmond Fair
September 17-20



Metcalfe Fair
October 1-4



SENIORS DAY BINGO

Join ROSSS for a fun-filled game of Bingo in celebration of Richmond Fair's Seniors Day!

Enjoy the game with fun prizes, and **FREE** admission.

Hosted by ROSSS in partnership with the Richmond Agricultural Society, everyone's welcome, so bring your friends and family for a great time. Let the games begin and may the luckiest win!

PRIZES | GAMES | FUN



Friday, September 18th 2026



1 pm - 3 pm



Entertainment Tent (behind the arena)



ROSSS
Rural Ottawa South Support Services



Have Questions? Reach out to:

Alicia Dorey

alicia.dorey@rosss.ca

Lyn Rorke

lyn.rorke@rosss.ca



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JOIN US FOR THE *ROSSS* AFTERNOON TEA

Indulge in a traditional afternoon tea with live music, a selection of delicately filled sandwiches, scones, homemade jam, clotted cream, decadent desserts and petit fours.

Sunday
September
27th, 2026
1PM to 3PM

Tickets
\$35
Each

*Tickets can be purchased
at the ROSSS office or
online at www.rosss.ca*



Orchard View
Wedding & Events Centre
6346 Deermeadow Dr, Greely, ON



Questions? Contact alicia.dorey@rosss.ca

THANK YOU TO OUR GENEROUS SPONSORS

ROYAL LEPAGE
Team Realty
Independently Owned and Operated, Brokerage

Wright
The Team
ottawahomes.ca

ITALFOODS
DENTISTRY @ MANOTICK

DENTISTRY @ MANOTICK

Proudly Presents

BIG BINGO!

\$8

Admission

TEST YOUR LUCK, HAVE FUN,
AND WIN GREAT PRIZES!



12:30 – 2:30 PM

Enjoy an afternoon of bingo,
laughter, and lots of prizes!



ROSSS
Rural Ottawa South Support Services

Join us on Mondays!



SEPTEMBER 21ST

MANOTICK



OCTOBER 19TH

METCALFE



NOVEMBER 23RD

RICHMOND



DECEMBER 21ST

MANOTICK



Lots of
Prizes!

Registration is required
DUE TO CAPACITY.



Call or email
Lyn Rorke at:



lyn.rorke@rosss.ca



(613) 692-4697 x 224

The ROSSS BREAKFAST

★ GOOD FOOD. GREAT PEOPLE. STRONGER COMMUNITY. ★



MANOTICK LEGION 9AM

MONDAYS:

September 14th, November 16th,
December 7th



KENMORE COMMUNITY
HALL 9AM

FRIDAYS:

September 25th, October 16th,
November 27th, December 18th

ENJOY:

- ✓ COFFEE / TEA
- ✓ JUICE
- ✓ FULL BREAKFAST
- ✓ DOOR PRIZES
- ✓ RAFFLE PRIZES
- ✓ GREAT CONVERSATION

ALL FOR
\$14!

A GREAT
VALUE FOR A
GREAT CAUSE!



For details and
to register

CALL

LYN RORKE

613-692-4697 EXT 224



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Volunteer Spotlight!

As the leaves begin to change and autumn settles into our rural communities, the volunteers at ROSSS continue to bring warmth, compassion, and meaningful connections to the people we serve. Their kindness and dedication help ensure that no one feels alone, making a lasting impact every season.

This fall, we are proud to recognize Nadine for her generosity and commitment to our Friendly Visiting program. After retiring from a career in high-tech customer service, Nadine was looking for a meaningful way to give back to her community and make a positive difference in the lives of others.

Although she is new to the Friendly Visiting program, Nadine has already graciously taken on two clients, visiting them regularly to provide companionship, conversation, and a friendly face. Her willingness to share her time and build genuine connections is helping to reduce social isolation and brighten the days of those she visits.

Thank you, Nadine, for your kindness, compassion, and dedication to the ROSSS community. Your visits are creating meaningful connections, one conversation at a time.

MEET NADINE!

I started with ROSSS earlier this summer and have taken on two clients through the Friendly Visiting program.

After retiring from a career in high-tech customer service, I found myself wanting to devote my time and experience to something more personal and meaningful, something where I could make a positive difference in the lives of others.

Over the years, personal experiences have given me a deeper appreciation of the challenges that can come with aging and the importance of compassion, companionship, and simply having someone there to listen.



THANK YOU!

LOOKING FOR VOLUNTEER OPPORTUNITIES?

Join Our Team

Volunteer Drivers Needed!



To apply fill out an application at:
www.rosss.ca/volunteer



For questions reach out to:
alicia.dorey@rosss.ca



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Fall Clean up is here!

OCTOBER 2026 – DATE TBD

Students from St. Mark High School are ready and willing to provide assistance with your yardwork this fall!



Students **DO NOT** do any indoor housework.

Services are limited to outdoor tasks only.

They can provide help with:

- 🍂 Raking leaves
- 🍂 Tidying flower beds
- 🍂 Removing weeds
- 🍂 Moving patio furniture
- 🍂 Outdoor window cleaning

Register by September 18th!

Contact Lyn Rorke to Register

📞 613-692-4697 x 224

✉ lyn.rorke@rosss.ca



Students will be dropped off at your residence for approximately 3–4 hours.

This is a FREE service



October 1st is National Seniors Day!

Celebrating Our Seniors. Honouring Their Impact.

As we celebrate National Seniors Day, it's crucial to reflect on the significance of community support. Our seasonal fundraising campaigns play a pivotal role in sustaining the vital work we do in the community.

ROSSS is an integral part in supporting vulnerable members of our community, offering affordable, quality health and social programs tailored to the needs of older adults, individuals with disabilities, and their caregivers in our rural communities. Everything we do is done with the goal of fostering independence, enhancing quality of life, and ensuring a safe environment for those who wish to continue living in their homes.

Fundraising campaigns enable us to adapt to the evolving needs of our community. As the population ages, the demand for ROSSS services continues to surge. Without adequate support, meeting these growing needs would be a challenge.

Every donation, no matter how big or small, directly contributes to sustaining and expanding our programs. Your support ensures that we can continue providing essential services and facilitating access to additional supports and social programs for our clients. We invite you to join us in making a difference.

If you'd like to celebrate or recognize National Seniors' Day by supporting ROSSS, there are several ways to contribute:

- Visit our website at www.rosss.ca to donate online.
- Drop by our office at 1096 Bridge Street, Manotick.
- Call us at 613-692-4697 (ext. 221) to make a donation over the phone.



Your generosity empowers us to make a meaningful impact on the lives of seniors and individuals with disabilities in our community. We extend our heartfelt gratitude for your continued support. Together, we can create a brighter and more inclusive future for all.

Honouring Our Heroes this Remembrance Day

On this Remembrance Day, we extend our deepest gratitude to our esteemed seniors who have served with unwavering courage and dedication. Your sacrifices and commitment have shaped the freedoms and values we hold dear today. As we honour the memory of those who have gone before us, we also celebrate the living legacy of your service and resilience. Your contributions are an enduring inspiration, and we are profoundly thankful for the sacrifices you have made. May we always remember and appreciate the profound impact of your bravery.



Library Programs

**Did you know that the Library offers many free presentations, hobbies and crafts?
Come on out for the following activities!**



Metcalfe Library

Metcalfe Book Club – Meet your neighbours and discuss great books in a relaxed atmosphere. All are welcome! Drop-in every last Thursday of the month, rotating afternoons and evenings.
Call branch for more details.



Richmond Library

Cook and Tell Club – Meet with fellow food enthusiasts and put a cookbook to the test. A new cook book each month. Contact the branch for more details.
Mondays, Sept 28, 2026 – Nov 30, 2026 (6:30pm)



North Gower Library

North Gower Nifty Knitters – Join us for an informal gathering of knitting enthusiasts – from beginners to experts. Share your ideas and projects in a relaxed social atmosphere.
Wednesdays, Sept 9, 2026 – Dec 16, 2026 (1:00 pm)



Manotick Library

The Great Yarn of Manotick – Knitters, crocheters, needle workers, rug hookers – all are welcome to socialize with fellow yarn crafters and work on their latest project. This is a drop in program.
Thursdays, Aug 13, 2026 – Dec 15, 2026 (11:00 am)

Book Club – Share the enjoyment of good books in a relaxed atmosphere in person, in the afternoon. This group meets every second Wednesday of the month (September to June). Contact branch for the book selection.
Wednesdays, Sept 9, 2026 – Jun 9, 2027 (3:00 pm)

French Conversation Group – Join our French conversation group to practice speaking in French in a relaxed and friendly environment.
Wednesdays, Aug 12, 2026 – Dec 16, 2026 (7:00 pm)

Mahjong – Join fellow mahjong players for a friendly game in a congenial environment. Program runs every second Thursday.
Thursdays, Aug 20, 2026 – Dec 10, 2026 (10:15 am)



National Day for Truth and Reconciliation observed on September 30, 2026

NATIONAL DAY FOR TRUTH AND RECONCILIATION



September 30 marks Canada's National Day for Truth and Reconciliation, a time to honour the children lost to residential schools, support survivors, and commit to meaningful action toward healing and justice. This day is also known as Orange Shirt Day, symbolizing the loss of Indigenous identity and culture through the residential school system.

In 2025, we continue to reflect on the Truth and Reconciliation Commission's 94 Calls to Action, which challenge all Canadians to learn, listen, and act. Reconciliation is not a single moment—it's a lifelong journey of respect, education, and solidarity.

We invite you to participate in events and experiences across Ottawa that celebrate Indigenous resilience, culture, and leadership. Whether through art, ceremony, or conversation, each step forward is a step toward a more just and inclusive Canada.


Wabano



Indigenous SENIORS CIRCLE

SHARE. LEARN. LAUGH. CONNECT.

Join us for weekly teachings and activities that honour our traditions, our stories, and each other. Share great moments, lots of laughter and a beautiful atmosphere with new friends.


DATE:
August 24


TIME:
10:00 AM – 2:00 PM EDT


LOCATION:
299 Montreal Rd.
Sky Room, Ottawa, ON


QUESTIONS OR TO REGISTER:
 Claire Bourque
 Senior's Program Coordinator
 613-748-0657 ext.396
 cbourque@wabano.com


 An intake with the Team Lead is required prior to attending.
 Please connect before joining the group.


 For First Nation, Inuit and Métis community members only.
 Limited space for open programs.
 Priority given to Indigenous registrants.

— ❖ ❖ ❖ ❖ ❖ —

AANIIN. BOOZHOO! SHE:KON. ULLAKUT! WAACHIYAA. OSIYO! HELLO. BONJOUR!

— ❖ ❖ ❖ ❖ ❖ —



ROSSS
Rural Ottawa South Support Services



Snow Go **Assist**



**A PROGRAM PROVIDED
BY THE CITY OF OTTAWA**

**APPLICATIONS CAN BE SUBMITTED
UNTIL DECEMBER 4TH 2026**

x x x x x x x
x x x x x x x
x x x x x x x
x x x x x x x

- ☐ Are you a senior living on limited income or an adult with a disability?
- ☐ Is it difficult for you to have your driveway cleared?
- ☐ You may qualify for financial assistance with snow removal.

x x x x x x
x x x x x x
x x x x x x
x x x x x x

New to the Snow Go Assist Program?
Contact us for more information



lyn.rorke@rosss.ca



613-692-4697 x224





CAREGIVER SUPPORT GROUP

You're not alone. We're here for you.

Our Caregivers Group meets every two weeks for two hours in a warm, welcoming space where support and understanding are always present. This free program offers a chance to connect with others who share similar experiences, and respite care can be arranged if needed to help make attendance possible.

OUR PROGRAM OFFERINGS INCLUDE:

- Educational guest speakers who provide valuable information on aging well at home.
- Resource sessions for caregivers to learn about support services available to them.
- Opportunities to connect with fellow caregivers and build supportive relationships.
- Interactive workshops focused on wellness, caregiving strategies, and self-care.



Support. Connection. Understanding.

Because caring for someone else shouldn't mean caring alone.

FOR MORE INFORMATION

Jeanne Pronovost
613-692-4697 ext. 223

jeanne.pronovost@rosss.ca



*Here to help.
Here for you.*

**DID
YOU
KNOW?**



\$36/hr

Want more information?

613-692-4697 ext. 240

HOME SUPPORT

What do we offer?

- ✓ Dusting & vacuuming
- ✓ Laundry & bed linen changes
- ✓ Bathroom cleaning & floor washing
- ✓ Dishwashing and dishwasher unloading
- ✓ Cleaning mirrors, counters & small appliances
- ✓ Wiping down kitchen surfaces
- ✓ Light meal preparation
- ✓ Cleaning the interior and exterior of the fridge
- ✓ Cleaning the exterior of the stove
- ✓ And more – services are tailored to each client's needs





 **ROSSS**
Rural Ottawa South Support Services

HOME MAINTENANCE PROGRAM

EXAMPLES OF FALL MAINTENANCE

- Rake leaves and dispose of them
- Trim back perennials and dead foliage
- Clean gutters and downspouts
- Store away summer outdoor equipment (like hoses and garden tools)
- Check and repair garden beds
- Bring in patio furniture and cushions
- Winterize outdoor water features
- Inspect and clean outdoor lighting
- Put up Christmas lights and decorations
- Check and clean windows before winter

 **\$36/hr with a 2h minimum (no maximum)**

Have Questions?

Cindy Powell | 613-692-4697
Ext. 240
cindy.powell@rosss.ca 

1096 Bridge St Manotick 
ON K4M 1J2



Fall ROSSS Office Closures

Labour Day–September 7th

Thanksgiving–October 12th

Join the ROSSS Team!

JOIN OUR TEAM

PERSONAL SUPPORT WORKERS

We are currently recruiting for positions in Manotick, Richmond, Osgoode, Metcalfe, Russell, and surrounding area.

APPLY NOW

jeanne.pronovost@rosss.ca

Make the difference in a senior's day!



ROSSS
Rural Ottawa South Support Services



We're Hiring!



ROSSS
Rural Ottawa South Support Services

Join our Team!

Casual Home Support Worker

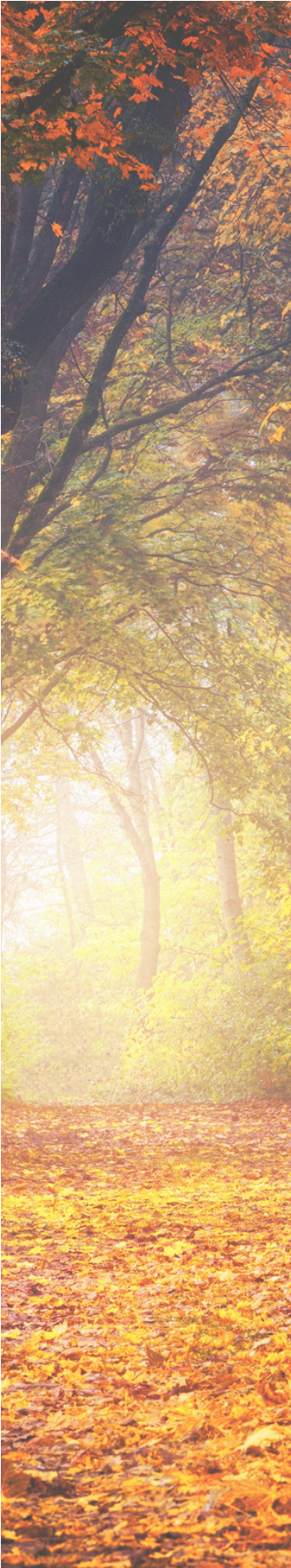
*Make a difference in a
senior's day!*

We are currently recruiting for positions in Manotick, Richmond, Osgoode, Metcalfe, Russell, and surrounding area.

APPLY NOW

jeanne.pronovost@rosss.ca





Golden Days

*The sun's rays change from a searing, skin burning heat
Turning you into a lobster and scorching you in a beat
Into a warm caress which hugs you, so comforting, so serene
No need to seek shade or layer on the sunscreen*

*No longer a threat, those mozzie meanies have had their fun
Feasting on us each dawn and dusk is tiresome and we're done
We're claiming back the outdoors to enjoy as we please
The barbecue still in use along with afternoon teas*

*Storing the patio set is a little sad, it's true
But Fall has so many offerings, it's hard to feel blue
Gardening, walking, watching spectacular colours appear
Are some things to look forward to at this time of the year*

*Then there's Thanksgiving, a fabulous time to be had
With family and friends gathering, a celebration, a time to be glad*

*For the bountiful offering the Fall does provide
A happy time, a belly full and laughter personified*

*As the evenings draw in, we cozy down, prepared to be entertained
By the fire's dancing flames, flickering and crackling, unrestrained
However, you spend these months, fill them with heartfelt praise
For they shower you in beauty throughout these golden days*

HELLO autumn

P S W C R G F L C C H Y K T Q Y V K F Q V B T L
 R R I C X E Y T F P I I Q K U H U U T J N P M B
 O D O V F E C J Q G T E K C A J O M C X S Y Y W
 N K Z W S V I O F M E G O O Z E I L N G W M F V
 Y F F W Z Z L B L N O D M F I R E P I T A N B N
 D Z Q J X B W D V T N P W Z P G E H Z D Z Z K R
 A L S T O O B P G R O Z Q Y N I F F B C V J G M
 P A Y F W W P U V L Q T X J L U O C C V E J Q Y
 T Y E H E X U V B D R A I A S Z Q W V S P S J E
 R T F W K A M R E D I C E L P P A C O S T U M E
 I B N G Q B P Z Q S M K W J E V W J P W G R A P
 C I M M G R K C A N D Y R S E V A E L V J V S R
 K J Q V K V I R E T A E W S M H Y Z A K S A G V
 O O I J M U N M J S W D X S I Z B H D S Z F L Y
 R X H T X N T D C G F H M O Q H L C P O A A V Y
 T G T O U H O T C H O C O L A T E E I C Z P M O
 R O E D Q S F P Y B O H S A G I Z L W C J T H X
 E Y B M L W N D W W T F V P L E X W R E K I Q S
 A Q S B Z K M D A H B W X P N T X C V R K E K K
 T U E O K Y P V W E A I R L R C D B Z D R M N P
 Q M P O T V R Z W E L I Q E M G W Q G P O N M F
 U H V H B U A I C D L H A S X J N S U Q E I M F
 A O P P X Z C V E E K F L Y W B C M K G S L S H
 L W D D L D D A A A E I F H C L B J E R E Z G S

Hot Chocolate
Football
Sweater

Boots
Trick or treat
Firepit

Jacket
Candy
Apple Cider

Apples
Leaves
Soccer

Pumpkin
Costume
Cider



**Why did the
apple pie cry?**
Its peelings
were hurt!



**How did the
little pumpkin
cross the road?**
With the help of
a crossing gourd.



**Why did the scarecrow
win a Nobel Prize?**
He was outstanding
in his field



ROSSS
Rural Ottawa South Support Services

Have Questions?

We've Got Answers!

?

What is ROSSS?

ROSSS is a community support agency that helps older adults and adults with disabilities age well at home. We provide transportation, Meals on Wheels, caregiver support, social and wellness programs.

?

Who can use ROSSS?

Many of our programs are available to adults aged 55 and older, but we also provide services and support for adults with disabilities, caregivers, and family members looking for information and resources.

?

Is there a fee to register with ROSSS?

No. Registering as a ROSSS client is completely free! There are no membership or registration fees.

Helping Seniors and Adults With Disabilities Live Well at Home

Want to learn more?



613-692-4697

We're Here to Help!



www.rosss.ca

Visit our Website



SCAN HERE

Scan the QR code to learn more about our services & programs.